BECOMING ME

Twenty Friendly Prompts to Spark Your Dream Life and Personal Growth

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1. YOUR SPARK

Think back to when you were a kid or a teenager. What were those fun, exciting things you could do for hours without anyone telling you to? How can you bring a little bit of that childhood magic back into your everyday schedule right now?

2. SHARING YOUR VIBE

If your personal style and presence were a beautiful, intentional work of art, how would you want to come across to the world? What are a few words that describe the energy you want to give off, and what details do you prefer to keep just for yourself?

3. YOUR RULES TO LIVE BY

To feel strong and steady when life gets chaotic, it helps to have your own inner compass. What are three simple, kind promises you want to make to yourself about how you will treat others, handle disagreements, and protect your own peace of mind?

4. BRIGHT MORNINGS

How you spend your first hour sets the mood for your whole day. Design a cozy, screen-free morning routine that lets you check in with yourself, stretch or breathe, and write down your thoughts before the rest of the world starts calling for you.

5. LEAVING THE OLD BEHIND

We all have old habits or ways of acting that don't fit who we are trying to become anymore, like over-explaining ourselves or people-pleasing. What is one behavior you are ready to gently let go of, and what confident action will you take instead?

6. LEARNING SOMETHING NEW

Growing means being brave enough to try things we aren't good at yet. What is a brand-new skill, hobby, or topic you would love to learn over the next few months, and how can you practice it comfortably and joyfully every week?

7. STAYING CALM INSIDE

Sometimes people around us are having a bad day and might project their frustration or stress onto us. When someone else brings bad energy into your space, what can you do or say to yourself to stay calm, kind, and completely unaffected by it?

8. COZY SPACE, KIND CONNECTIONS

A happy life balances quiet alone time with wonderful social time. How much time do you need by yourself each week to fill your own cup and write or create, and what kinds of supportive, sweet qualities do you look for in your friends?

9. WRITING YOUR STORY

You are the author of your own life, and you don't have to be defined by your past. If you were introducing yourself to a new group of friends today, how would you share your journey, your creative passions, and the things you love most about yourself?

10. PROTECTING YOUR JOY

It is so easy to get distracted by tiny, urgent tasks that don't actually matter. What are the big, meaningful creative projects—like writing a book or working on your goals—that bring you true happiness, and how can you block out time for them?

11. A LITTLE BIT OF MYSTERY

When we don't tell everyone everything right away, it makes us a lot more interesting to talk to. How can you share your creative work or your thoughts online and in person while keeping a gentle, mysterious distance that leaves people wanting to hear more?

12. KEEPING IT REAL

To make real progress, we have to look honestly at where we are standing right now. What are a couple of small things in your life that you know you need to improve, and what easy, everyday tracking tool can you use to keep yourself accountable?

13. SHARING YOUR CREATIVITY

At some point, we have to stop just studying and start sharing our gifts with the world. What is one creative project —a poem, an essay, a drawing, or a post—that you feel ready to share with someone else this week, even if it doesn't feel perfectly flawless yet?

14. THE QUIET MIDNIGHT HOURS

The night can be an incredibly beautiful, peaceful time to think and create when everyone else is fast asleep. If you were to design a dreamy midnight or late-night routine for yourself, what relaxing rituals or cozy writing habits would you include?

15. THE POWER OF PAUSE

We often feel rushed to speak or react the second someone says something to us. Think about the situations that make you feel defensive or annoyed; how can you practice taking a deep, slow breath and using a calm silence instead of an immediate reply?

16. YOUR DREAM TEAM

We grow faster and feel happier when we surround ourselves with the right people. What kind of friends or creative partners do you want to attract into your life next, and what unique, wonderful traits do you bring to the table to share with them?

17. BEAUTIFULLY INCONSISTENT

People are fascinating when they have contrasting sides—like being highly organized but loving spontaneous adventures, or being incredibly quiet but very passionate. What are two opposite traits inside of you that make you exactly who you are?

18. READING THE ROOM

Being a good friend and an empathetic leader means noticing how other people are feeling without them having to say it out loud. Next time you are in a group, how can you practice listening more closely and observing body language to understand everyone better?

19. FINDING YOUR INSPIRATIONS

We learn so much by looking up to people who have achieved incredible things before us. Who are two or three creative people, historical figures, or authors whose focus, discipline, or lifestyle inspire you, and what can you copy from them?

20. LOOKING AHEAD

Imagine yourself a few years down the road, living a life that feels completely authentic, creative, and fulfilling. What does that happy version of you look like, and what is one small, simple choice you can make today to start becoming that person right now?